



2020 Open Throws Prospectus

Open Meetings – Stantonbury Athletics Stadium, Milton Keynes

Purpose

- To provide early season opportunity to compete
- Open to all age groups U15 and older
- Standard age group weight
- Pre-registration required to trapnelltowers@outlook.com
- 6 throws per event
- £5 per event payable on the day
- May only compete in one event at the same time
- Maximum 12 competitors per event
- We aim to fill all events and may flex some categories to accommodate

Date: 29 February 2020

Timings: Warm up throws to be completed before official start time

Time	Events	
11.00	Hammer over 30m	Shot
12.30	Hammer under 30m and Discus	Javelin